

Abstract of the Disclosure

The present invention provides systems and methods to realize the potential benefit of portable storage devices by taking advantage of standard PCs including an optical disk drive capable of reading an optical disk, such as a CD or a DVD, cost effective optical disks, and the Internet.

In a preferred embodiment, an individual patient provides personal data to a healthcare service center. The healthcare service center then creates a portable optical disk for the patient to carry, if he/she so desires. The personal data that is written onto the portable optical disk is stored on a database management server database and is readable and updateable by the individual patient using his/her PC with an optical disk drive and connected to the Internet. The individual patient can choose to update his/her personal data on the portable optical disk and can receive a new portable optical disk that includes the update. The new portable optical disk containing the latest update is created and delivered to the patient by the database management server.